

June 29, 2005

## Today is Wellness Wednesday!

*Lunch and Learn: 5 A Day program, background and tips*

The Lunch and Learn session scheduled for Wed., June 29, will feature information on the 5 A Day program. The session begins at noon in the CHR Building cafeteria.

Wednesday's Lunch and Learn session features Emma Walters and Elizabeth Fiehler with the Department for Public Health who will speak on the background and benefits of the 5 A Day program. Walters and Fiehler will offer helpful tips on portion control and easy ways to measure and calculate fruit and vegetable serving sizes.

The Cabinet's wellness committee sponsors Lunch and Learn.

## Serving size and portion control: What you need to know for the 5 A Day Challenge beginning next week

The CHFS 5 A Day Challenge to encourage CHFS workers and their families to eat at least five servings of fruits and vegetables each day begins July 5 and runs through Aug. 8. But, how do you know if you are eating five a day? You may be eating more than you think!



To track your fruit and vegetable intake for the 5 A Day Challenge, it's important to understand serving sizes. One serving is equal to:

- 1 cup raw fruit or vegetable
- 1 medium piece of fruit
- 1/2 cup cooked or canned fruit or vegetable
- 3/4 cup or 6 oz. 100 percent juice
- 1/4 cup dried fruit

For those who don't carry around measuring cups and scales, there are some easy visual comparisons you can use to judge serving sizes.

One medium-size piece of fruit or one cup of raw vegetable is about the size of a tennis ball.

A half-cup of cooked or canned fruit or vegetables is about the size of half a tennis ball.

One-fourth cup of dried fruit is about the size of two walnut shells.

If you are already eating five servings of fruits and vegetables a day, challenge yourself to eat more. Five servings is just the minimum federal daily dietary recommendation. The optimal recommendation is nine servings a day.

## How to tally your intake

Teams and individuals participating in the CHFS 5 A Day Challenge will keep track of daily fruit and vegetable servings using a tally form similar to the PAM forms used during the Get Moving CHFS! physical activity event. Team members will fill out their 5 A Day tally forms each week and forward the forms to their team captains.

Team captains will tally all team members' servings and turn in weekly team totals to the Wellness Committee. The team goal is for each person to record at least 35 servings of fruits and vegetables a week for a team minimum total of 140.

## Are you up to the challenge?

Eating at least five servings of fruits and vegetables each day:

- Provides energy;
- Makes you healthier;
- Helps reduce the risk of disease and illness;
- May reduce signs of aging; and
- Helps achieve or maintain a healthy weight.

For more information, please contact Elizabeth Fiehler at [elizabethj.fiehler@ky.gov](mailto:elizabethj.fiehler@ky.gov) or attend the June 29 Lunch and Learn session at noon in the cafeteria conference room.

## Nuts can be a perfect snack

*By Anya Armes Weber*

Nuts are a powerhouse food. The seeds of trees, they are living stores of nutrition.

They are an excellent source of protein and "good" fat. They also contain E, B-complex and other vitamins, plus elements shown to boost the immune system.

In your grocer's snack or baking aisle, look for almonds, cashews, walnuts, pistachios and more exotic choices like hazelnuts and macadamias.



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Raw nuts are the healthiest. Keep a stash at work and grab a handful when you hit an afternoon lull. A freshness tip: If a nut breaks, it is fresh; if it bends, it is stale.

At home, sprinkle nuts on salads, stir-fry, desserts and cereal. You can also add ground nuts to pancakes, hot cereal and baked items. Use ground nuts immediately to prevent rancidity.

For something new, try an almond or cashew butter – the natural varieties are missing all the added sugar, salt and hydrogenated oils contained in most commercial peanut butter brands. Because natural butters don't contain stabilizers, they tend to separate and the oil gathers at the top of the jar. Just stir the butter and refrigerate after use to keep it from separating again.

### If you're ready to quit smoking, we have help for you!

*From the CHFS Tobacco Prevention and Cessation Program*

Statistics indicate that 70 percent of smokers want to quit, but the addiction to nicotine is so powerful, many smokers have difficulty believing they can quit.

In July the Tobacco Prevention and Cessation Program will again offer the Cooper/Clayton Method to Stop Smoking for CHFS employees in Frankfort.



"Most smokers quit several times before they are successful," said Program Manager Irene Centers. The Cooper Clayton Method combines the use of nicotine replacement products to help ease the physical aspects of the addiction, with social support. With physical withdrawal symptoms held in check, the smoker can more easily relearn how to live life without automatically picking up a cigarette.

"Many smokers light a cigarette without even realizing it," Centers said. "It almost becomes an involuntary act."

The cost of nicotine replacement products can also be an obstacle to quitting. Nicotine replacement patches and study materials will be included in a bargain basement discount program fee of \$7 per week.

The introductory meeting to explain the program is Friday, July 8, from noon-1 p.m. Actual classes begin July 15. All classes will be held in the cafeteria conference room during the noon hour.



### Get Moving CHFS! Survey Results

The CHFS Worksite Wellness and Health Promotion Program (WHPP) sponsored Get Moving CHFS! April 11-June 9 as a pilot project to encourage Cabinet employees to increase their physical activity levels.

A Web-based survey was conducted at the conclusion of Get Moving CHFS! to evaluate the program and collect suggestions for improvement from participants.

A total of 832 Frankfort-based Cabinet employees participated in Get Moving CHFS! and 272 completed the survey.

Responses indicated the leading reasons people participated in Get Moving CHFS! were to lose weight (149); to improve cardiovascular fitness (143); for fun (136); and to relieve stress (129).

In response to the question, "Do you plan to maintain or improve your physical activity level after the program?," 95 percent of respondents indicated they planned to continue their efforts. Eighty-five percent indicated they would participate in a similar wellness program.

Survey respondents also offered suggestions for improvement, including:

- Better communicate events information;
- Simplify the reporting process; and
- Expand the program beyond the CHR complex in Frankfort.

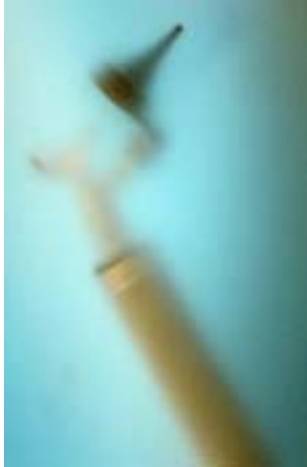
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## CHFS FOCUS on Wellness

### Protect your hearing when celebrating with fireworks

*From the Kentucky Education Cabinet*

For many Kentuckians, watching brightly colored fireworks is a traditional part of their Fourth of July celebrations. But the Kentucky Commission on the Deaf and Hard of Hearing (KCDHH) wants Kentuckians to know that while fireworks are pretty, they're also loud and can cause noise-induced hearing loss.



"Most people are aware that fireworks can injure your eyes and hands or cause burns, but many people do not know that a firecracker is in the upper range of noise that is considered hazardous to your hearing," said KCDHH Commissioner and Murray State University audiologist Susan Brown. "Noise-induced hearing loss can happen from exposure to one loud noise or from repeated exposure to less intense noise over a period of time and the damage can be permanent." Brown is one of 14 commissioners from across Kentucky.

According to the National Institute on Deafness and Other Communication Disorders (NIDCD), noise at 85 decibels (dB) or louder can cause damage to hearing; fireworks can reach up to 140 dB. A decibel is a unit that measures the intensity of sound on a scale from zero to 140. A normal conversation is about 60 while a gunshot or jet engine taking off is about 140 dB.

Of the 28 million Americans with some degree of hearing loss, about one-third can attribute their hearing loss at least in part to noise, according to NIDCD. In addition to fireworks, Brown warns Kentuckians to be aware of other noise hazards they may not realize can damage hearing such as loud music, lawn mowers, chainsaws, concerts, gunshots, motorcycles and sirens. Noise exposure also can cause a ringing, roaring or buzzing sound in your ears or head called tinnitus.

According to NIDCD, noise around you is probably too loud if someone an arm's length from you has to raise his voice to be heard, your ears are ringing or sounds seem dull or flat after leaving a noisy place.

"Noise-induced hearing loss is totally preventable if people are aware of the danger and take steps to protect their hearing," said Brown. "You can learn about noise levels,

wear protective devices such as earplugs or earmuffs, avoid noisy environments, limit the time of exposure and educate other people about the hazards. In the case of fireworks, the safest way to celebrate is to leave fireworks to trained professionals."

According to NIDCD, more than 30 million Americans are exposed to hazardous sound levels on a regular basis at home, work or during recreational activities. It's also important for parents to protect their children's hearing from hazardous noise, Brown said.

More than 400,000 Kentuckians are deaf or hard of hearing, but many of those with mild hearing loss often go undiagnosed. Brown recommends that Kentuckians have regular hearing tests to detect gradual hearing loss or if they experience any changes in their hearing. She said treatment, services and assistive listening devices are available and can improve hearing and quality of life for those who need them and avail themselves of them.

"There is an array of state and national resources available to people with hearing loss," Brown said. "The Kentucky Commission on the Deaf and Hard of Hearing can help as an information, referral and advocacy agency."

KCDHH has a resource library in Frankfort that can be accessed in person or through the mail for people who do not live near Frankfort. Books and videotapes on topics ranging from coping with a hearing loss and assistive devices to legal rights and parenting a child with a hearing loss are available from the library.

KCDHH also distributes free telephone equipment to any Kentucky resident with a hearing loss or speech impairment that affects his ability to effectively communicate using a regular telephone.

For more information about KCDHH services, contact the commission toll-free at 1-800-372-2907 (V/T) or 502-573-2604 (V/T) or online at [www.kcdhh.ky.gov](http://www.kcdhh.ky.gov). The commission and the resource library are located at 632 Versailles Road in Frankfort.